

Statistics Report 09078, Cranberries, raw
Report Date: June 30, 2017 00:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2	g	87.32	5	0.183	86.62	87.9	1.0	84.998	89.637	2	Analytical or derived from analytical	--	05/2015
Energy	kcal	46	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Energy	kJ	191	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Protein 1 2	g	0.46	5	0.069	0.16	0.56	1.0	-0.416	1.338	2	Analytical or derived from analytical	--	05/2015
Total lipid (fat) 1	g	0.13	4	0.032	0.07	0.2	3.0	0.025	0.226	1	Analytical or derived from analytical	--	08/2002
Ash 1 2	g	0.12	5	0.023	0.07	0.21	1.0	-0.171	0.418	2	Analytical or derived from analytical	--	05/2015
Carbohydrate, by difference	g	11.97	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Fiber, total dietary 1 2	g	3.6	5	1.010	2.6	4.8	1.0	-9.204	16.464	2	Analytical or derived from analytical	--	05/2015
Sugars, total 1 2	g	4.27	5	0.232	3.55	4.75	1.0	1.325	7.212	2	Analytical or derived from analytical	--	05/2015

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Sucrose 1 2	g	0.16	5	0.037	0.07	0.2	1.0	-0.31	0.636	2	Analytical or derived from analytical	--	05/2015
Glucose (dextrose) 1 2	g	3.44	5	0.160	2.89	3.78	1.0	1.41	5.471	2	Analytical or derived from analytical	--	05/2015
Fructose 1 2	g	0.67	5	0.035	0.51	0.8	1.0	0.225	1.106	2	Analytical or derived from analytical	--	05/2015
Lactose 1 2	g	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2002
Maltose 1 2	g	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2002
Galactose 1 2	g	0.00	5	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2002
Starch 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2002
Minerals													
Calcium, Ca 1 2	mg	8	5	0.196	7	9	1.0	5.703	10.69	2	Analytical or derived from analytical	--	08/2002
Iron, Fe 1 2	mg	0.23	5	0.014	0.19	0.39	1.0	0.052	0.413	2	Analytical or derived from analytical	--	05/2015
Magnesium, Mg 1 2	mg	6	5	0.063	6	6	1.0	5.223	6.812	2	Analytical or derived from analytical	--	08/2002

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Phosphorus, P 1 2	mg	11	5	1.435	10	14	1.0	-7.118	29.348	2	Analytical or derived from analytical	--	05/2015
Potassium, K 1 2	mg	80	5	5.162	75	91	1.0	14.267	145.458	2	Analytical or derived from analytical	--	05/2015
Sodium, Na 1 2	mg	2	5	0.086	0	4	1.0	0.583	2.779	2	Analytical or derived from analytical	--	08/2002
Zinc, Zn 1 2	mg	0.09	5	0.010	0.08	0.12	1.0	-0.037	0.215	2	Analytical or derived from analytical	--	05/2015
Copper, Cu 1 2	mg	0.056	5	0.005	0.05	0.07	1.0	-0.008	0.12	2	Analytical or derived from analytical	--	05/2015
Manganese, Mn 1 2	mg	0.267	5	0.094	0.17	0.43	1.0	-0.923	1.456	2	Analytical or derived from analytical	--	05/2015
Selenium, Se 1	µg	0.1	2	--	0.1	0.2	1.0	--	--	1	Analytical or derived from analytical	--	08/2002
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	14.0	5	0.650	11.8	17	1.0	5.691	22.209	2	Analytical or derived from analytical	--	05/2015
Thiamin 1	mg	0.012	4	0.001	0.01	0.01	3.0	0.008	0.015	1	Analytical or derived from analytical	--	08/2002
Riboflavin 1	mg	0.020	4	0.004	0.01	0.03	3.0	0.009	0.031	1	Analytical or derived from analytical	--	08/2002

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Niacin 1	mg	0.101	4	0.003	0.1	0.11	3.0	0.092	0.111	1	Analytical or derived from analytical	--	08/2002
Pantothenic acid 1	mg	0.295	4	0.030	0.25	0.38	3.0	0.201	0.389	1	Analytical or derived from analytical	--	08/2002
Vitamin B-6 1	mg	0.057	4	0.013	0.04	0.09	3.0	0.016	0.099	1	Analytical or derived from analytical	--	08/2002
Folate, total 1	µg	1	4	0.000	1	1	--	--	--	1	Analytical or derived from analytical	--	08/2002
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	1	4	0.000	1	1	--	--	--	1	Analytical or derived from analytical	--	04/2007
Folate, DFE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Choline, total 1	mg	5.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Betaine 1	mg	0.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2	µg	38	5	1.850	29	41	1.0	14.344	61.356	2	Analytical or derived from analytical	--	05/2015
Carotene, alpha 1	µg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2002
Cryptoxanthin, beta 1	µg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2002
Vitamin A, IU	IU	63	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Lycopene 1	µg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2002
Lutein + zeaxanthin 1	µg	91	4	9.478	68	111	3.0	60.837	121.163	1	Analytical or derived from analytical	--	08/2002
Vitamin E (alpha-tocopherol) 1 2	mg	1.32	5	0.120	0.88	1.45	1.0	-0.208	2.848	2	Analytical or derived from analytical	--	05/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2002
Tocopherol, gamma 1	mg	0.04	4	0.003	0.03	0.04	3.0	0.029	0.045	1	Analytical or derived from analytical	--	08/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta 1	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 1 2	µg	5.0	5	0.093	4.3	6.4	1.0	3.857	6.208	2	Analytical or derived from analytical	--	05/2015
Lipids													
Fatty acids, total saturated 2	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	08/2002
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	08/2002
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	08/2002
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	08/2002
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	08/2002
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	08/2002
16:0	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	09084	08/2002
18:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	09084	08/2002
Fatty acids, total monounsaturated 2	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2002
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	09084	08/2002
18:1 undifferentiated	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	09084	08/2002
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	08/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	08/2002
Fatty acids, total polyunsaturated 2	g	0.055	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2002
18:2 undifferentiated	g	0.033	--	--	--	--	--	--	--	--	Calculated or imputed	09084	08/2002
18:3 undifferentiated	g	0.022	--	--	--	--	--	--	--	--	Calculated or imputed	09084	08/2002
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	08/2002
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	08/2002
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	08/2002
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	08/2002
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	09084	08/2002
Fatty acids, total trans 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Cholesterol 2	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2015
Amino Acids													
Tryptophan 1	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002
Threonine 1	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002
Isoleucine 1	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine 1	g	0.053	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002
Lysine 1	g	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002
Methionine 1	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002
Cystine 1	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002
Phenylalanine 1	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002
Tyrosine 1	g	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002
Valine 1	g	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002
Arginine 1	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002
Histidine 1	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002
Alanine 1	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid 1	g	0.188	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002
Glutamic acid 1	g	0.146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002
Glycine 1	g	0.048	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002
Proline 1	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002
Serine 1	g	0.051	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2002
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin 7 8 9	mg	46.43	--	7.95	9.24	81.11	--	--	--	--	--	--	--
Petunidin 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin 7 8	mg	7.7	--	1.92	0.18	10.66	--	--	--	--	--	--	--
Malvidin 7 8	mg	0.4	--	0.31	0	1.88	--	--	--	--	--	--	--
Pelargonidin 7 8	mg	0.3	--	0.15	0	0.77	--	--	--	--	--	--	--
Peonidin 7 8 9	mg	49.2	--	8.07	23.74	87.8	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 7 10	mg	0.4	--	0.16	0	1.06	--	--	--	--	--	--	--
(-)-Epigallocatechin 7 10	mg	0.7	--	0.28	0	1.79	--	--	--	--	--	--	--
(-)-Epicatechin 7 10	mg	4.4	--	0.93	2.95	5.72	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 7 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 7 10	mg	1.0	--	0.48	0	2.86	--	--	--	--	--	--	--
(+)-Gallocatechin 7 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol 9 11 12	mg	0.1	--	0.04	0	0.61	--	--	--	--	--	--	--
Myricetin 7 9 11 12 13 14	mg	6.6	--	1.6	0.4	23	--	--	--	--	--	--	--
Quercetin 7 9 11 12 13 14	mg	14.8	--	1.04	7.3	25	--	--	--	--	--	--	--
Isoflavones													
Daidzein 15 16	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein 15 16	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 15 16	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 3 4 5 6	mg	17.7	--	7.84	8.8	33.16	--	--	--	--	--	--	--
Proanthocyanidin trimers 4 5 6	mg	16.4	--	5.08	8.1	22.16	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 4 5 6	mg	56.8	--	22.92	22	84.95	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 4 5 6	mg	46.2	--	26.4	7.7	79.99	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 4 5 6	mg	217.6	--	53.97	148	276.36	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5b, 2000 Beltsville MD

²Ocean Spray Cranberries, Inc. Nutrient composition of Ocean Spray products, 2015

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